

## **Brain Injury & Concussions: Take Concussions Seriously!**

Concussions are a type of **traumatic brain injury** caused by a jolt or blow to the head.

### **Take concussions seriously!**

You cannot see a concussion and you might not necessarily notice symptoms right away. Symptoms may show up days or weeks after the injury.

#### **Did You Know?**

- Seventy-five percent of the 1.4 million traumatic brain injuries that occur each year in the United States are concussions or mild brain injuries.
- The most common type of brain injury sustained in sports is a concussion.
- Most concussions do not involve a loss of consciousness.
- You can sustain a head injury even if you do not hit your head or lose consciousness.
- Typically, concussions do not appear in neuroimaging tests such as MRI or CAT Scans.
- Roughly 1.6 million-3.8 million concussions occur annually in the United States from sports and other recreation activities.
- The five sports and recreational activities accounting for the most concussions include bicycling, football, basketball, playground activities and soccer.
- Multiple concussions have cumulative and long-lasting damage and life changes.

#### **Signs and Symptoms of Concussions:**

- Dizziness, balance problems
- Difficulty with vision
- Sensitivity to light or noise
- Nausea
- Headache
- Feeling tired or groggy
- Confusion
- Difficulty remembering or recalling things
- Difficulty concentrating on tasks

### **If You've Had a Concussion**

- Always make sure to inspect any bumps or bruises on your head.
- Tell a family member, friend, coach or teammate if you fall.
- Ask to be taken out of the game or sporting event if you hit your head while playing.
- Pay attention: have you had any physical changes recently?
- Watch out for thinking problems: if you are struggling to remember things or lose focus, tell someone.
- Talk to parents, teachers and medical professionals about any troubles you are having.
- See a health care professional.
- Sleep at least seven to eight hours a night. Getting plenty of rest is crucial to staying healthy and healing after any injury.
- Return to practice only after receiving the OK from your health care professional.

### **About Rainbow Rehabilitation Centers, Inc.**

Rainbow Rehabilitation Centers, Inc., with facilities and treatment centers throughout Washtenaw and Oakland counties, has been a provider of rehabilitation services for children, teens and adults with brain and spinal cord injuries since 1983. With more than 35 residential locations, three treatment centers, a NeuroRehab Campus® and two vocational centers, Rainbow offers services that span nearly every aspect of brain and spinal cord injury recovery and rehabilitation. Our residential settings include adult homes, child and adolescent homes, town houses and semi-independent living apartments. Day treatment, home- and community-based rehabilitation and outpatient services are also available.